

Cinnamon Life Cereal Milk Latte

Ingredients

- 2 Cups 1% Milk
- 2 Cups Life Cereal - Cinnamon
- 2 Shots Espresso
- Sugar For Serving, Optional

How to make it

1. Start by making the cereal milk. Combine the milk and cereal and let sit at room temperature for 30 minutes. Strain, gently pressing on the cereal to get as much milk as possible. You should be left with about 1 1/4 cups. Store in the refrigerator until ready to use.
2. When you're ready to serve, heat up the milk in the microwave or on the stove until you get the desired temperature.
3. Once the milk is warmed, set aside.
4. Pull a shot of espresso for both mugs then working with half of the milk, froth it using a milk frother then pour over the espresso in one mug. Repeat with the second latte. Taste for sweetness and add sugar if needed for your taste. Serve immediately. For an iced option skip the frothing step and pour the cold cereal milk over ice. Top with an espresso shot and serve.



PREP
TIME

-



COOK
TIME

-



TOTAL
TIME

-



SERVING

2

Made with



Life Cereal - Cinnamon